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## Do You Know Oatmeal?

Do you know that oatmeal makes delicious puddings and other good things?

Of course, you know it is a good breakfast food, but it is even better fixed up for dinner or supper. It makes

**Excellent Puddings**

**Wholesome Bread and Cookies**

**An Appetizing Soup for a Cold Day**

**A Baked Dish for Dinner in Place of Meat**

To cook oatmeal, stir slowly  $2\frac{1}{2}$  cups of rolled oats into five cups of boiling water which has in it  $2\frac{1}{2}$  teaspoons of salt. Cook for one hour or over night in a double boiler or fireless cooker. This will serve five people. If you want it for two meals, cook twice the amount to save time and fuel.

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## OATMEAL PUDDING

*Try one when you have a light dinner or supper*

### OATMEAL BETTY

or

### BROWN PUDDING

2 cups cooked oatmeal.

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4 apples cut up small.

$\frac{1}{2}$  cup molasses.

$\frac{1}{2}$  cup raisins.

$\frac{1}{2}$  cup raisins.

$\frac{1}{2}$  cup sugar.

$\frac{1}{4}$  teaspoon cinnamon.

Mix and bake for one-half hour. Serve hot or cold. Any dried or fresh fruits, dates, or ground peanuts may be used instead of apples. Either will serve five people.

## SCOTCH SOUP

*With bread and dessert it is enough for lunch or supper*

2 $\frac{1}{2}$  quarts water.

2 onions, sliced.

1 $\frac{1}{4}$  cups rolled oats.

2 tablespoons flour.

5 potatoes cut in small pieces.

2 tablespoons fat.

Boil the water and add the oatmeal, potato, and onion,  $\frac{1}{2}$  tablespoon of salt and  $\frac{1}{2}$  teaspoon pepper. Cook for one-half hour. Brown the flour with the fat and add to the soup. Cook until thick. One cup of tomato adds to the flavor. Serves five people.



## OATMEAL BREAD

*is delicious with all meals—try it*

1 cup milk or water.

2½ cups wheat flour.

1 teaspoon salt.

⅓ yeast cake.

1 cup rolled oats.

Scald the liquid, add salt and pour over the oats, cool half an hour, add the yeast mixed with ¼ cup lukewarm water, and the flour. Knead and let rise until double the size. Knead again and let rise in the pan until the size is doubled. Bake in a moderate oven for 50 minutes. Makes one loaf weighing 1¼ pounds.

## SPICED OATMEAL CAKES

*The whole family will like these, and they are easily made*

1½ cups flour.

¼ teaspoon soda.

½ cup cooked oatmeal.

½ teaspoon baking powder.

¼ cup sugar.

½ teaspoon cinnamon.

½ cup raisins.

3 tablespoons fat.

¼ cup molasses.

Heat the molasses and fat to boiling. Mix with all the other materials. Bake in muffin pans for 30 minutes. This makes 12 cakes.



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*Especially crisp and good as well as cheap are*

### SCOTCH OAT CRACKERS

2 cups rolled oats.	1½ tablespoons fat.
¼ cup milk.	¼ teaspoon soda.
¼ cup molasses.	1 teaspoon salt.

Grind or crush the oats and mix with the other materials. Roll out in a thin sheet and cut in squares. Bake for 20 minutes in a moderate oven. Makes 3 dozen crackers.

*Instead of meat, cook this appetizing dish for your family*

### BAKED OATMEAL AND NUTS

2 cups cooked oatmeal.	1 teaspoon vinegar.
1 cup crushed peanuts.	¼ teaspoon pepper.
½ cup milk.	2½ teaspoons salt.

Mix together and bake in a greased pan 15 minutes. This is enough for five people.

**Oatmeal is a good, inexpensive, nutritious food**

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United States Food Leaflet No. 6

